



**AMERICAN
LEGION**



American Legion Post 1995 **May 14th, 2024 - Defender Newsletter**

Monthly Military Quote

“Paperwork will ruin any military force”...Chesty Puller

The Auxiliary is installing officers at this meeting, so wear your red, white, and blue.

Military Photo of the Month:



Sergeant Stubby giving a salute...read his story below (Atlas Obscura)

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Commander's Corner

Chantilly HS Junior ROTC Awards

On April 13th the Chantilly Academy Junior ROTC Corps of Cadets at Chantilly High School conducted their annual Pass in Review. Led by Lt. Col. Tim Lambert and CMSGT Al Clemmons, this is their annual parade and awards ceremony. A cadet run event, in ranks were over 130 cadets from 14 high schools. Post 1995 annually presents an award certificate and medal to two cadets. Cadet Kaden Borello received the award for scholastic achievement and Cadet Viviaan Dutt received the award for general military excellence. In attendance were Steve Hunter, Post Adjutant and Past District Commander, Randy Young, Commander, Jim Robison 3rd Vice-Commander, and Sgt-at Arms Mark Miller who coordinated the Post's participation with the JROTC Cadre.

To learn more about the program, visit the academy's website here:

<https://chantillyacademy.fcps.edu/academics/air-force-junior-rotc>



Commander Randy Young, Cadet Kaden Borello, Cadet Viviaan Dutt, Adjutant Steve Hunter and 1st Vice-Commander Jim Robison, photographer Sgt-at-Arms Mark Miller

17th District Nomination Meeting

On April 15th several members of Post 1995 journeyed to Post 180 for the 17th District Nomination Meeting for elective offices for this coming year. Post Commander Randy Young was nominated for one of the District Vice Commander positions by Post Adjutant and Past District Commander Steve Hunter who read the nominating resolution. Lending support was Sgt-at-Arms Mark Miller. All the nominees were accepted for nomination and passed in a general vote of all Legionnaires present. The elections will take place at the District Convention to be held on Sunday, June 2nd at Post 177 in Fairfax.

Legion Baseball Meeting

At the invitation of the District Baseball Commissioner, Mike Farabaugh, Post Commander Randy Young attended an organization meeting at Post 176 on April 20th. In attendance were the managers of each of the eight teams in this year's league. A new manager for Post 1995's Arlington based team, Jason Moccia, has been named. He coaches the Thomas Jefferson High School varsity team. The first pitch will be thrown out at Wakefield High School on Thursday, May 30th. We look forward to a fun and competitive season.



Post Social Hour

On May 2nd, saw over 16 Legionnaires and Ladies join for drinks and a meal at Rosemary's Thyme Bistro in Centreville at the Colonnade Shopping Center. This No Host Social was organized by 2nd Vice Commander Chris Torelli and ran from 4 to 7 PM to accommodate as many members as possible. We enjoyed a variety of Mediterranean dishes and cocktails and informally getting together and catching up. Chris will be scheduling another Social Hour in a couple of months. All are welcome and encouraged to bring their significant others to these events.



Some of the Legion family attending May social Bob Barrs,
Al Schenk, David and Patricia (newest Legionnaire) Jetkiewicz and PamYoung

Post Officer Elections

May is the month for Post officer elections. Our current slate of officers has served us very well this past year. We have expanded our community support activities and service to youth this year. Our annual Consolidated Post Report has more accomplishments than ever due to their service and enthusiasm. I am pleased to report that all officers have volunteered to serve for another year. However, our By Laws allow for nominations from the floor. We will hold elections at the May membership meeting on Tuesday, the 14th. Come out and make your vote count. See more about the current slate of officers included later in this newsletter.

Officer Elections

This table lists the post officers nominated for 2024-2025

POSITION	NOMINEE	WRITE IN	YES	NO
COMMANDER	Randy Young			
ADJUTANT	Steve Hunter			
1 ST VICE COMMANDER	David Benson			
2 ND VICE COMMANDER	Chris Torelli			
3 RD VICE COMMANDER	Jim Robison			
FINANCE OFFICER	Tom Joplin			
SERVICE OFFICER	Gene Griffe			
JUDGE ADVOCATE	Mike Reilly			

You must attend the May General Membership Meeting to vote in person. Ballots will be available at the meeting.

BE the ONE

The American Legion nationally has played a leadership role in highlighting ways to reduce suicide not only for Veterans, but in sharing insights on how to spread the word on the problem and how to be part of the solution. I am participating in the Phi Kappa Tau fraternity Mental Health and Wellness committee based on what I have learned from the Legion. LISTEN when a veteran needs to talk. Remember: dial 988 then #1 to ask for help for yourself or another Vet.

Post 1995 Law Enforcement Officer of the Year Award

The Post 1995 Law Enforcement Officer of the Year Award and Nomination to Department awardee PFC Jacob Juranek was presented with a certificate at the post's March meeting. The officer also received the Sully District Officer of the Year award from the Sully Citizen's Advisory Committee (CAC) at its March meeting also. Thanks to Mike Reilly (Post Judge Advocate) for doing the extensive groundwork to pull together an impressive submission package for Department consideration.



Sully District Police Commander Major Jane Russell,
PFC Jacob Juranek, and Post Judge Advocate Mike Reilly

Tragedy Assistance Program for Survivors (TAPS)

Chris Torelli and Patt Caggiano are multi-year volunteers to this organization and can speak to its mission of supporting military family member survivors. **This event runs from May 20th to the 27th. To volunteer for this year's event, see the following which was sent out to last year's volunteers:**

“With heartfelt gratitude from all of us at the Tragedy Assistance Program for Survivors (TAPS), I want to extend a deep, resounding thank you for the unwavering dedication and passion you poured into our 29th Annual National Military Survivor Seminar in 2023. Your tireless efforts made it an unforgettable success, touching the lives of so many who have sacrificed so much for our country.

Without amazing volunteers like you, our mission to support and care for the families of America's fallen heroes would not be possible. Your selfless commitment has made a tangible difference in the lives of those who need it most.

And now, with immense excitement, I extend to you the opportunity to be a part of our upcoming 30th Annual National Military Survivor Seminar. We have transitioned to a new platform, VolunteerMatch, to connect with our dedicated volunteers like never before. Though you must create an account, you not only gain access to volunteer opportunities for our event, but also for other meaningful causes in your community.

Your willingness to serve is a gift beyond measure, and we are honored to have you by our side. Click the link below to create your account and explore the countless ways you can

continue to make an impact through TAPS. Thank you for your unwavering support and for being a beacon of hope for those in need.”

[TAPS 30th Annual National Military Survivor Seminar and Good Grief Camp Volunteer Opportunities](#)

Warmly,

Bobbie Clark

Manager, External Engagement

Direct: (406) 799-2547

Tragedy Assistance Program For Survivors

[3033 Wilson Blvd.](#), Third Floor, Arlington, VA 22201

Toll-Free: 800.959.8277 (TAPS)

Main: 202.588.8277 (TAPS)

Caring for the families of America's Fallen Heroes since 1994.

Sully District Community Advisory Committee

Want to know more about the Fairfax County Police Department?

Attend the monthly (except July and August break) for a typically one-hour long Community Advisory Committee meeting on the 2nd Wednesday of the month at 7 p.m. at the Sully District Station (4900 Stonecroft Blvd, Chantilly). **The June meeting, however, will be at the Fairfax County Police heliport where attendees will get a tour of the new facility and operations briefing.**



These meetings enhance communication between residents, businesses, and other members of the community and the Sully Police District. Members are kept informed about crime trends, upcoming events, training, and much more. These meetings are a chance for the community to have an opportunity for an open dialogue, discuss issues, and ask questions of the Sully Commanders, Crime Prevention Officer, and

Community Outreach Officer.

American Legion's New National Adjutant

https://www.legion.org/legiontv/FLIEg8BvcEH4ZVkk6f9s_Z6Q/heExnN2z6G0

American Legion 2024 Annual Reports

The post's annual reports for 2023-2024 (April 30-1 May) will be submitted to the 17th District and Department this coming week. If you have not provided any input, you have until Monday, May 13th to provide me with any volunteer and/or charitable giving for the past year. Copies of the reports need to be in the mail on Tuesday. Copies of the annual reports will be included in the June newsletter. **If you have any ideas on how we could better assist post membership in documenting their information for next year's**

reports, please share them with us either my email and/or coming to a meeting to discuss them.

Department of Virginia Convention July 10-14 / Hilton Washington Dulles Hotel

The Department's annual convention is where the new Department and District officers are installed for the 2024-2025 year. The convention is located just a short drive-up Route 28 to the hotel. If you have never been to one, please consider attending at least on Saturday when most of the action occurs.

Here's the link to registering and signing up for some of the extra events:

<https://valegion.org/tools-and-media/upcoming-events/>

The Department of Virginia Legion College August 2-4 – Double Tree/Hilton Hotel Richmond-Midlothian.

Why should I attend?

- **Leadership and Communications:** This includes mentoring, recognizing, and building leadership traits, and applying good leadership practices.
- **Core Values and Future Planning:** Students review the American Legions core values, develop new ideas, and consider the future of their organization.
- **Programs and Management Techniques:** The curriculum covers the leadership skills necessary to increase the visibility of programs, growth in membership, and public awareness of the Legion and its affiliated organizations (Sons, Auxiliary and Riders)
- **Public Outreach and Media Relations:** The training includes developing communications strategies to promote the Legion's programs, public outreach, media/community relations.

Here is the link to the Department of Virginia's Legion College registration page:

<https://valegion.org/wp-content/uploads/2023/12/AMERICAN-LEGION-LEADERSHIP-COLLEGE-REGISTRATION-2024.pdf>

House Approves Legion Supported Bills

Being a member of the American Legion means that your membership supports our legislative efforts on behalf of veterans; these are just a few examples from several weeks ago.

<https://www.legion.org/betheone/261623/house-approves-legion-supported-bills>

Also see the most current legislative update from National attached to this email.

Dues Increase coming in 2025

National is raising their portion of the dues you pay each year by five dollars. If we do not raise our post dues by a like number, then the post will then get five dollars less to operate. That means that our portion dues at \$40 would shrink to \$6 dollars per member. Since the post has no other source of income except donations it would restrict what support we can contribute to Scouting, oratorical contest, Boys State, Youth Law Cadet program, etc. not to mention administrative costs. Therefore, at the post's April meeting we will conduct a vote to raise our dues from \$40 per year to \$45. The post's leadership encourages your participation. You must be present to cast your vote yes or no to the dues increase.

Military Challenge Coin Question of the Month

There are four military retirement pay calculations, depending upon when a person entered service. One of them (probably most of our Post members) is Final Pay. Can you name the other three?

I know it is a shocker, but each successive retirement plan provides diminished payments.

Guesses are welcome - closest to the pin wins!

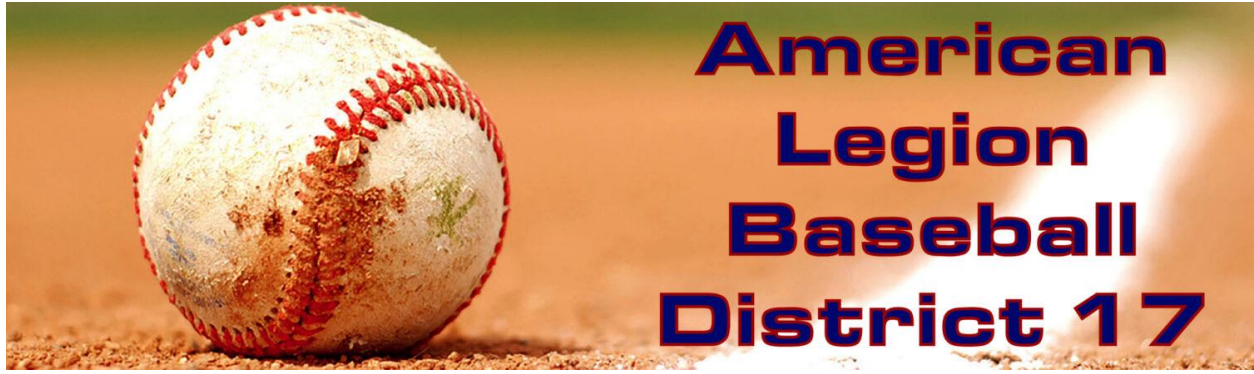
The first correct/best answer received via email is the winner and will receive a military-themed challenge coin. Email your answer/best guess to David Benson at warren.d.benson@gmail.com.

American Legion Baseball – 2024 Season

Baseball season is drawing near. The first game is on May 30th. Players are eager to begin. The 17th District Baseball Commissioner says that Legion baseball is full of talent players that as good if not better than many high school teams.

Attached to this email is the current schedule of all the games with locations (schools). The District's web site provides more information, please see the link below. Attached to this newsletter email is a copy of the baseball game schedule with Post 1995's team highlighted in green. If you have a few free evenings, go out to the ballparks, and enjoy some good baseball and cheer on our team on.

We look forward to having post members come to the games to support American Legion baseball and the young people of our communities.



NEW 17TH District Baseball web Site

Legiond17baseball.org

For game schedules, results of games played and player Team stats.

Membership Update

Our current membership status as of May 9th is 72 online renewals, 50 PULFs, 59 renewals by mail, and six new members for a total of 188 (104.44%) of our 180-member 2024 goal. I thank all those who have renewed for 2024. If you have not renewed, yes there are still a few, your membership has now lapsed. You may renew by sending back one of the renewal letters National sends out or going online at [Renew \(mylegion.org\)](http://mylegion.org) to renew. It is your choice, but doing so online is quick, simple, and saves you the cost of a stamp and you get your new membership card a bit faster. Should you have any questions about your membership, please call or email the post's adjutant/membership chairman.

Multi-Year Memberships Are Now Available - The Legion now has a three-year renewal option. The benefit of renewing for three years and paying in advance is that you avoid any dues increases (for 2025) and getting renewal notifications. If you do not want the inconvenience of renewing annually, you now have the option of a three-year renewal. While there is no discount for the multi-year membership, you are locked in at the current dues amount, even if the fee increases in subsequent years. For details on this new option visit this Legion website: <https://www.legion.org/membership/260621/american-legion-multiyear-membership-here> Four out of the last six online renewals with the post have taken advantage of this new membership renewal option.

PUFL Memberships - PLFL members pay a one-time fee for a lifetime American Legion membership. You never have to pay yearly dues nor dues again or increases, which will come over the years. For those considering getting a Paid Up For Life membership, an

added incentive would be a \$100 discount, but you must call National and request the availability of it. The kicker however is that you must pay all of it with a credit card or check in a single payment. This option is not available with their payment plan. If interested in a PULF membership, call 1-800-433-3318.

If you have any membership questions, please contact me. Steve Hunter, Adjutant, and membership chairman at geoshunter@aol.com or 703-830-1734.



Chick-fil-A Military Appreciation Night

Chick-fil-A's military appreciation night is Wednesday, **May 15th** at the Dulles Expo Center store. The event is scheduled for **17:00-20:00**. All active duty and veterans to include family members are encouraged to stop by for a free meal. If you are interested in helping to staff the post information booth, let me know. Set up for that is at 16:00. The adjutant brings everything needed, except Legionnaires....that's why this is here. See you Wednesday night!

Mission BBQ

Free sandwiches **May 13-18**, between **11:00-14:00**...see the graphic below for the service dates.



First and foremost, please let us extend to you our sincerest personal gratitude for your service to Our Country. Men and women like you are true American Heroes. Thank You.

At MISSION BBQ, our Mission is to Serve. It is important for us to recognize, honor and support Our Uniformed American Heroes who have raised their hand and swore to Protect, Serve and Save Our Community and Our Country.

MILITARY APPRECIATION DAYS

FREE SANDWICH for all active-duty service members and veterans.

Army.....Monday, 5/13
Marine Corps.....Tuesday, 5/14
Navy.....Wednesday, 5/15
Air Force & Space Force.....Thursday, 5/16
Coast Guard.....Friday, 5/17

ARMED FORCES DAY

FREE SANDWICH for all active duty service members and veterans from 11:00am–2:00pm.

Lunch with the Heroes.....Saturday, 5/18
LIVE rendition of our National Anthem at noon

American Red Cross – Services for Military and Veteran Families

Supporting the ARC includes volunteering your time to its missions, so if you are looking for a way to give back...consider opportunities it has for you. <https://www.redcross.org/about-us/our-work/military-families.html?did=DM98376&cid=Fy24cnotes&med=email&source=adobefr&campdesc=05092024&scode=RSC24050E000&subcode=nhqfy24maynotesgen&bid=326497099>

Sergeant Stubby

Read about the most decorated dog in WWI...Sgt Stubby
https://www.atlasobscura.com/places/sergeant-stubby-statue?utm_source=Atlas+Obscura+Daily+Newsletter&utm_campaign=b3abf47287-EMAIL_CAMPAIGN_2024_04_29&utm_medium=email&utm_term=0_-b3abf47287-%5BLIST_EMAIL_ID%5D&mc_cid=b3abf47287&mc_eid=c0f2170d88

(Source: Atlas Obscura, April 29, 2024)

Your Guide to Tick Prevention

We are in Tick Season...learn how to ID ticks, prevent/minimize contact with them, and how to remove one should you find one on you.

<https://www.fairfaxcounty.gov/news/your-field-guide-battle-ticks>

(Source: Fairfax County)

Final Thought:

“If you cannot find peace within yourself, you will never find it anywhere else.” Marvin Gaye

Free Flags - The Post has a considerable number of lightly used U.S. flags of many sizes from 3”x5” to 5’x9’-5” available to any post member who needs to replace their house flag. All you need to do is let the Adjutant know what size you need and attend the next meeting after your request. These flags were turned in for retirement by community members for our annual flag retirement ceremony this past November and previous years, however due to their good condition are not yet ready for retirement. The Post’s collection (not giveaways) also includes some unique flags such as 45- and 48-star flags (possible museum donations), and copies of the Grand Union, Bennington, and Betsy Ross flags.

Comments/Submissions to the Editor - Comments about this newsletter relative to its contents and/or presentation style are always welcomed. We also encourage submissions from Post members relative to anything related to the American Legion and/or what we as Legionnaires are doing to serve our communities. If you have missed previous issues of the Post’s newsletters, let me know and I can forward any month want.

Editor's Note: Some of the links to articles are here due to the editor's opinion of their importance to veterans relative to News You Can Use, of interest to veterans, and/or inform membership of the post's activities/meetings/events. The following is always at the bottom of each newsletter.

Department of Virginia Facebook Page: <https://www.facebook.com/VirginiaLegion/>

Website: The American Legion – Centreville, Virginia Post 1995

<http://centrevillevapost1995.org/contact/> (Webmaster needed)

Post 1995's Facebook Page: <https://www.facebook.com/pg/LegionPost1995/posts/>

1995 Centreville webpage Post: <https://americanlegionpost1995.org>

17th District X (aka Twitter) Account: <https://twitter.com/va17thdistrict>

Facebook: 17th District's Facebook page (<https://www.facebook.com/VALegion17/>), is synchronized to its Twitter page and posts to the 17th District Facebook page are tweeted to the 17th District's Twitter page.

Comments/Submissions to the Editor - Comments about this newsletter relative to its contents and/or presentation style are always welcomed. We also encourage submissions from Post members relative to anything related to the American Legion and/or what we as Legionnaires are doing to serve our communities. If you are not active, now would be a good time to learn more about what your Post is doing and how we could do more. If you have missed previous issues of the Post's newsletters, let me know and I can forward any month want.

Calendars - To view the National Legion calendar, visit this website for the year 2023: <https://www.legion.org/calendar/2023/>

May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Post Social	3	4
5	6 D-Day Anniversary	7	8	9	10	11
12	13	14 Post Meeting	15 Chick-fil-A Military Appreciation Night	16	17 Post Annual Reports Due to Department	18 Armed Forces Day- Membership Recruiting at CGX
19	20	21	22	23	24	25
26	27 Memorial Day	28	29	30	31	

June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 District Convention Boys State Orientation	3	4	5	6	7	8
9	10	11 Post Meeting	12	13	14 Flag Day Army Birthday	15
16	17	18	19	20	21	22
23	24	25	26	27 National PTSD Awareness Day	28	29

Centreville Auxiliary Unit 1995

Month of the Military Child



Unit 1995 celebrated Month of the Military Child in April. We all wore “purple” for Purple Up! Day to our monthly meeting. A Military Child Table Ceremony was held and the Dandelion Poem for military children was read.

Did you know the official flower of the military child is the dandelion? Its seeds are blown far and wide by the wind, but it will always plant roots and blossom wherever it lands.

DANDELION POEM

Dandelions put down roots almost anywhere, They are hardy and upright, A survivor in a broad range of climates.

Military children bloom everywhere the winds carry them, They are well-rounded, culturally aware, tolerant, and extremely resilient.

Dandelions and Military Children are ready to fly in the breezes that take them... to new adventures, new lands, and new friends.

They learn that to survive means to adapt, That when one door closes another door opens.

Their roots are strong, cultivated deep in the Armed Forces, planted swiftly and surely.

Military children know that home is where their hearts are, That a good friend can be found in every corner of the world.

Teacher Appreciation Week



Teacher Appreciation Week at Patriot H.S. in Nokesville, VA. Our Unit 1995 sponsored this event for the teachers with monetary donations and cupcake baking. These Patriotic cupcake parfaits were a hit!

